Connect

Issue No: 14

People First DORSET

Connecting people with learning disabilities in Dorset

Who are People First Dorset?

We are a charity led and run by people with learning disabilities, with support from staff and volunteers.

We want to be independent, to have our voices heard and be included in community life.

How to contact us

Telephone:

01305 257600

Email:

office@peoplefirstdorset.org.uk

Post:

People First Dorset

Unit 2, Herringston Barn,

Dorchester, DT2 9PU.

Welcome to Connect Dorset Newsletter

As we are all at home more at the moment and unable to see each other so often, People First Dorset have created this newsletter to help us all stay in touch, share activity ideas and support each other.

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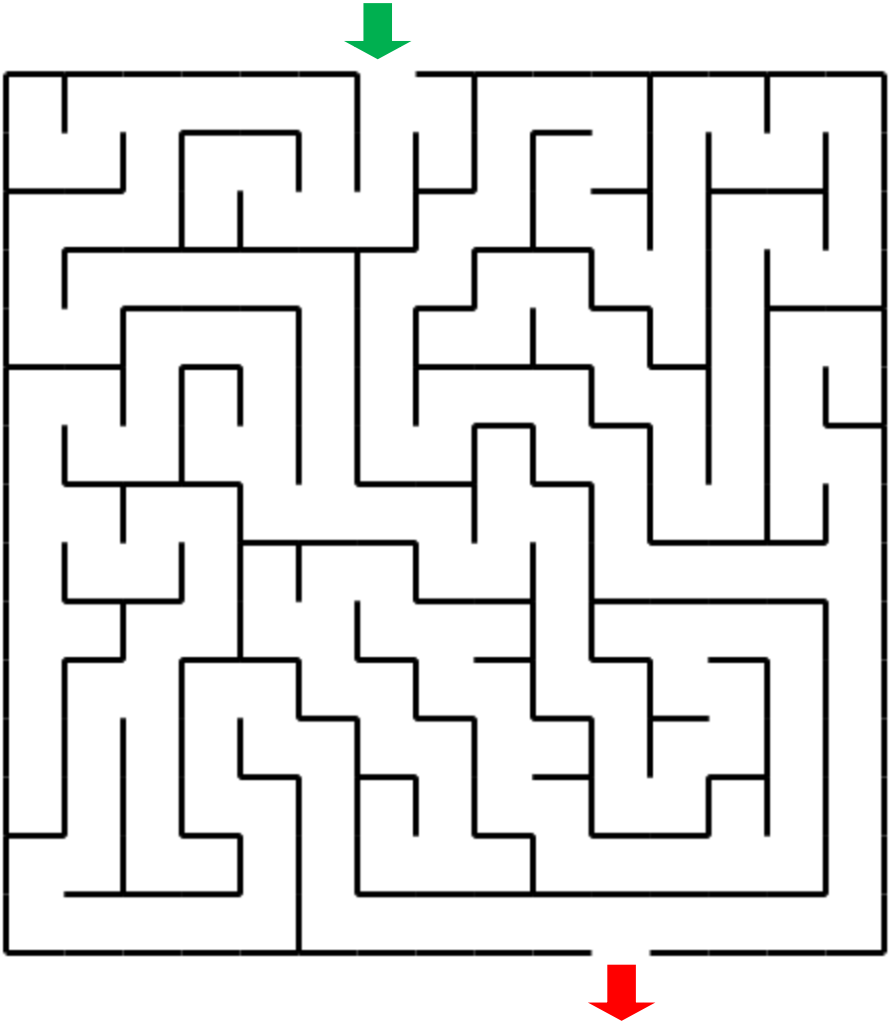
Activities

Maze

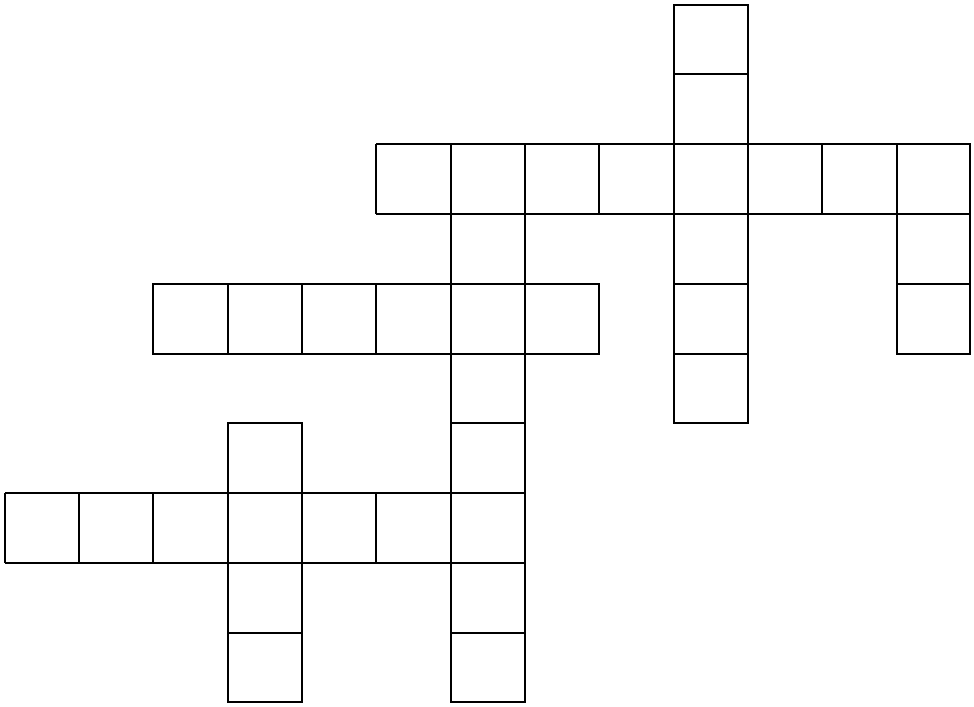
Using a pencil, find the way from the green arrow to the red one.



Answers on page 9

Word Fit Crossword

Put all the words in the list into the correct spaces on the grid.



BADGER
ELEPHANT
GORILLA
LION
MONKEY
RAT
REINDEER

Answers on page 9

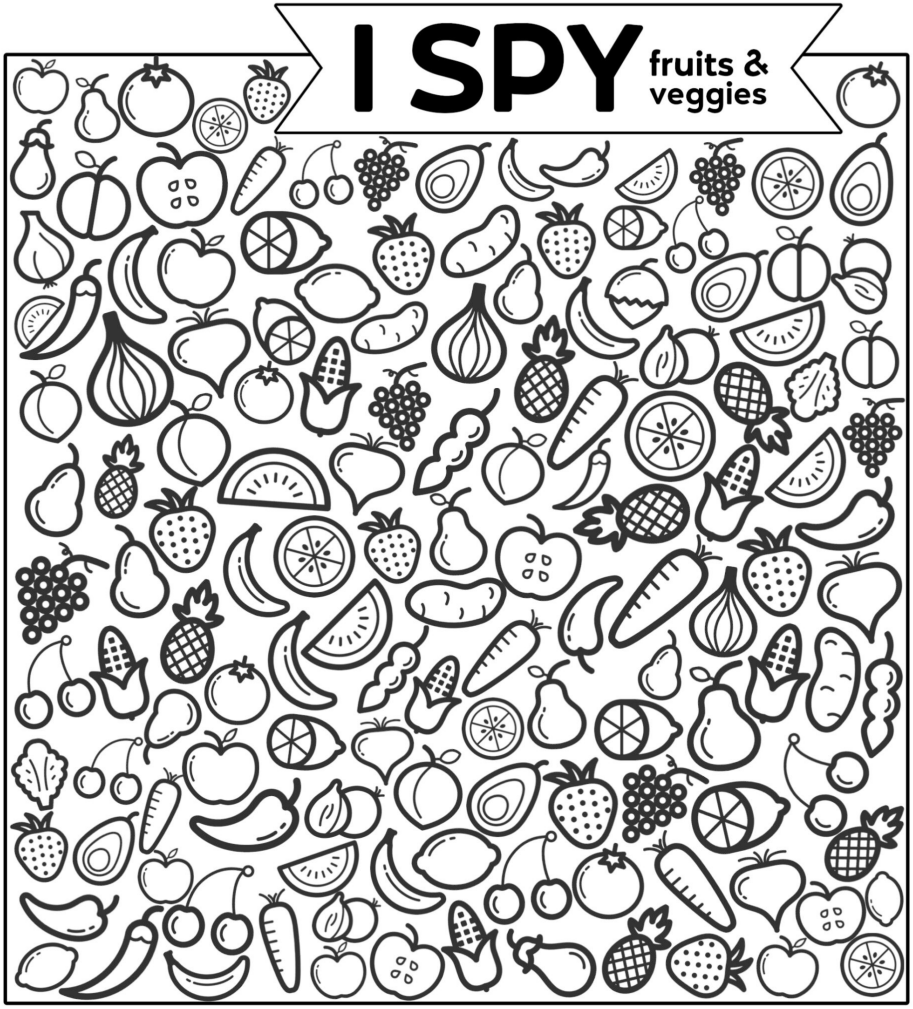
Spot the Difference

Find 8 differences between the pictures.

Answers on page 9

I Spy

Find all the objects at the bottom of the page inside the picture.

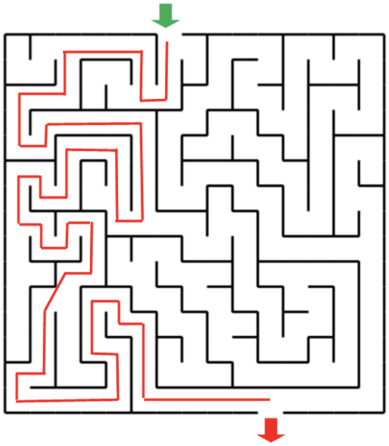


2 4 4 5 4 5 7 4 6 5
1 6 7 1 3 6 7 4 7 5
3 3 4 6 2 7 5 9 6 3

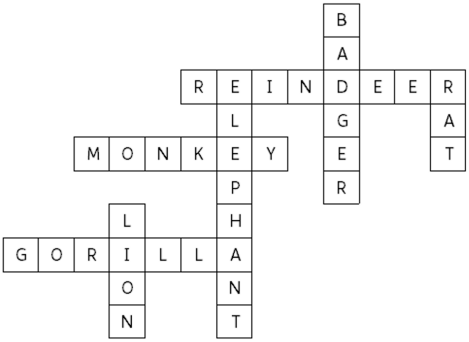
Colouring

Colour in the picture with as many colours as you can.

Activity Answers



Page 4



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Recipe

Natalie's Rainbow Salmon

You will need:

Baking tray	Chopping board	Sharp knife

1 tomato (red)
1 orange pepper (orange)
1 yellow pepper (yellow)
3 spring onions (green)
1 piece of salmon (pink)

How you make it:

Wash your hands with warm water and plenty of soap for 20 seconds.

Put the salmon on the baking tray.

Cut up all the vegetables and add to the baking tray.

Cook in oven on 180 degrees for 15 mins.

Take out of the oven carefully, put on a plate and enjoy.

Craft

Decorated Flower Pots

You will need:

Terracotta flower pot	Coloured chalks	Multi purpose soil	Flower seeds	Trowel

1. Use the chalks to decorate the flower pot with colourful patterns or pictures.

2. Fill the flower pot up, nearly to the top, with soil.

3. Sprinkle some seeds on to the soil.

4. Cover the seeds with a thin layer of more soil.

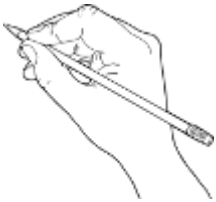
5. Put the pot in a sunny spot outside and give it a little water everyday.

Watch your beautiful flowers grow during the summer.

Wellbeing

Activity ideas

Look after your wellbeing, by doing as many of these fun and relaxing activities as you can.

Go for a walk	Draw your favourite animal	Do some yoga
Listen to your favourite songs	Video call a friend	Bake a cake
Join a People First Dorset event	Cook a healthy meal	 Write a letter

Important Information

Learning Disability England is a membership organisation and a charity.

Learning Disability England

It brings together people from across England, as a united voice, to make sure that people with learning disabilities are valued as equal citizens.

Anyone who wants to be part of making life better for people with learning disabilities can join.

As a member you will get:

- Weekly newsletter
- Access to meetings/events
- A say on what LDE does

Membership costs £12 per year, to join visit www.learningdisabilityengland.org.uk

Member Article

Hello my name is Anna and I recently moved to Somerset.

It has been difficult for me to make new friends due to all the lockdowns.

So I have been learning French, it has kept me busy, I have found it to be a positive thing to do.

I have always had an interest in learning foreign languages, I speak Spanish and German which I learnt from living abroad.

I don't like to learn in a classroom, I prefer to learn my own way. I do this by watching French TV programmes, I especially like French comedies, and listening to French radio and music. I bought myself a French dictionary so I can look up words I don't understand.

I was part of the 'French Twinning Association' in my last town, and actually got to visit France and stay with a French family. It really helped my French having to speak the language with people from France.

Member Article

Here is me with my French host family when I visited France. I miss visiting France, and I would like to go again.

I would like to visit Tunisia and Morocco too as they also speak French.

Here are some simple French phrases that you could try to learn:

Hello	Bonjour
How are you	Ça va
See you soon	À bientôt
I don't understand	Je ne comprends pas
My name is Anna	Je m'appelle Anna
Please	S'il vous plaît

We would love your ideas for the next Newsletter!

Would you like to tell us about a recipe or craft we can share?

Do you want to share music or jokes?

Tell us your ideas by:

Email: office@peoplefirstdorset.org.uk

Telephone: 01305 257600

Thank you

We would like to say a big thank you to our funders for supporting us and making this newsletter possible!

LLOYDS BANK FOUNDATION England & Wales

Dorset Community Foundation

Dorset Council

COMMUNITY FUND

funded through National Lottery South West people's health trust

Nationwide Building Society

SPORT ENGLAND LOTTERY FUNDED

Jokes

How do you talk to a giant?

Use big words!

Why did the teddy bear say no to dessert?

Because she was stuffed!

What is a witch's favourite subject in school?

Spelling!

How do we know that the ocean is friendly?

It waves!

June Events

Outdoor Events

We will be offering some outdoors events in June.

All events will be:

- in small groups of 6 people
- held at an outdoor venue
- at a social distance

We will tell you the event venue when you book.

Online Events

We will also be continuing to offer Speaking Up and Friendship Club events online, using Zoom.

All events must be booked in advance, as limited spaces are available. Contact us to book on:

office@peoplefirstdorset.org.uk

01305 257600

Outdoors Events

Fun in the Sun

Come and join us to do some arts and crafts.

Bridport	Thursday 3rd June, 1pm to 2.30pm
Dorchester	Tuesday 1st June, 1pm to 2.30pm or Tuesday 8th June, 1pm to 2.30pm or Tuesday 15th June, 1pm to 2.30pm
East Dorset	Tuesday 22nd June, 1pm to 2.30pm
North Dorset	Thursday 24th June, 1pm to 2.30pm
Weymouth	Thursday 3rd June, 1pm to 2.30pm or Thursday 10th June, 1pm to 2.30pm or Thursday 17th June, 1pm to 2.30pm

Online Events

Speaking Up Meetings

Bridport	Thursday 17th June, 2.30pm to 4.00pm
Dorchester	Wednesday 16th June, 6.00pm to 7.30pm
East Dorset	Tuesday 8th June, 10.30am to 12.00pm
North Dorset	Thursday 10th June, 1.30pm to 3.00pm
Purbeck	Tuesday 1st June, 10.30am to 12.00pm
Weymouth	Monday 7th June, 11.00am to 12.30pm

Wellness Group

Thursday 3rd June, 4pm—5pm
Thursday 10th June, 4pm—5pm
Thursday 17th June, 4pm—5pm
Thursday 24th June, 4pm—5pm

Online Events

Friendship Club Events

Music Quiz	Tuesday 1st June **Or** Thursday 3rd June 6.30pm - 7.30pm
Disney Quiz	Tuesday 8th June **Or** Thursday 10th June 6.30pm - 7.30pm
Arts and Creativity	Tuesday 15th June **Or** Thursday 17th June 6.30pm - 7.30pm
Games Night	Tuesday 22th June **Or** Thursday 24th June 6.30pm - 7.30pm
Music with Friends	Tuesday 29th June 6.30pm to 7.30pm

Questionnaire

What you think of People First Dorset?

We would love to hear from our members about:

- what has helped you?
- what could be better?

This helps us to know what we need to do more of and what new things we could offer.

Please help us by fill in the questionnaire on the next page.

Instructions of how to post it back to us are on the back of the questionnaire.

If you would like support filling in the questionnaire, please call 01305 257600.

Questionnaire

Over the last year, how has People First Dorset helped you?

Tick as many as you like ☑

- ☐ Zoom events
- ☐ Phone calls
- ☐ Our Voice groups
- ☐ Connect magazine
- ☐ Speaking Up groups
- ☐ WhatsApp groups
- ☐ Exercise and wellbeing groups
- ☐ Easy Read information about COVID rules

What has been the most helpful, and why?

What can we do better?

Freepost RUBL-CSKL-AARY

People First Dorset

Unit 2

Herringston Barn

Herringston

2. Fold along here,

then sellotape the edges together.

3. Pop this in the post box,

you <u>don't need a stamp</u>.

1. Cut along the